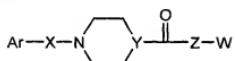


Abstract of the Disclosure

Compounds according to the formula:



and pharmaceutically acceptable salts, solvates or hydrates thereof; wherein group 5 Ar is optionally substituted (C<sub>6</sub>-C<sub>10</sub>)aryl or (C<sub>1</sub>-C<sub>9</sub>)heteroaryl; X is a direct link, -CH<sub>2</sub>-, -SO<sub>2</sub>-, -CO-, -CHR<sup>1</sup>- where R<sup>1</sup> is (C<sub>1</sub>-C<sub>6</sub>)alkyl, or -CR<sup>1</sup>R<sup>1</sup>- where both R<sup>1</sup> and R<sup>1</sup> are, independently, (C<sub>1</sub>-C<sub>6</sub>)alkyl; Y is N or CH; and Z and W are as herein defined, and pharmaceutical compositions thereof, and methods useful to facilitate secretion of growth hormone(GH) in mammals.